



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 35150, Fish, salmon, coho (silver), raw (Alaska Native)

Report Date: July 16, 2017 02:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	69.38	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Energy	kcal	140	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	587	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein <sup>1</sup>	g	22.56	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Total lipid (fat) <sup>1</sup>	g	5.57	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Ash <sup>1</sup>	g	1.24	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
<strong>Minerals</strong>													
Calcium, Ca <sup>1</sup>	mg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe <a href="#">1</a>	mg	0.55	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Magnesium, Mg <a href="#">1</a>	mg	28	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Phosphorus, P <a href="#">1</a>	mg	240	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Potassium, K <a href="#">1</a>	mg	380	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sodium, Na <a href="#">1</a>	mg	58	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Zinc, Zn	mg	0.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Copper, Cu	mg	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Selenium, Se <a href="#">1</a>	µg	27.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Thiamin <a href="#">1</a>	mg	0.152	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Riboflavin <a href="#">1</a>	mg	0.189	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Niacin <a href="#">1</a>	mg	7.930	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Pantothenic acid <a href="#">1</a>	mg	1.230	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <sup>1</sup>	mg	0.225	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, total <sup>1</sup>	µg	13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Folate, food	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Folate, DFE	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Vitamin B-12 <sup>1</sup>	µg	8.52	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Retinol	µg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	100	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.81	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta <sup>1</sup>	mg	0.01	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, gamma <sup>1</sup>	mg	0.01	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	0.904	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
8:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
10:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
12:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
14:0 <sup>1</sup>	g	0.157	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
15:0 <sup>1</sup>	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
16:0 <sup>1</sup>	g	0.605	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
17:0 <sup>1</sup>	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:0 <sup>1</sup>	g	0.109	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:0 <sup>1</sup>	g	0.009	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
24:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	1.790	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
14:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
16:1 undifferentiated <sup>1</sup>	g	0.169	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
17:1 <sup>1</sup>	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:1 undifferentiated <sup>1</sup>	g	0.629	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:1 <sup>1</sup>	g	0.581	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:1 undifferentiated <sup>1</sup>	g	0.363	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
24:1 c <sup>1</sup>	g	0.036	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fatty acids, total polyunsaturated	g	2.410	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
18:2 undifferentiated <sup>1</sup>	g	0.089	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:2 n-6 c,c	g	0.089	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	05/2006
18:3 undifferentiated <sup>1</sup>	g	0.089	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA)	g	0.089	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	05/2006
18:4 <sup>1</sup>	g	0.089	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:2 n-6 c,c <sup>1</sup>	g	0.022	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:3 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:4 undifferentiated <sup>1</sup>	g	0.067	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:4 n-6	g	0.670	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	05/2006
20:5 n-3 (EPA) <sup>1</sup>	g	0.491	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
21:5 <sup>1</sup>	g	0.022	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:5 n-3 (DPA) <sup>1</sup>	g	0.178	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:6 n-3 (DHA) <sup>1</sup>	g	1.385	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Cholesterol <sup>1</sup>	mg	58	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

## Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan <a href="#">1</a>	g	0.330	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine <a href="#">1</a>	g	0.970	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine <a href="#">1</a>	g	0.900	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine <a href="#">1</a>	g	1.610	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine <a href="#">1</a>	g	1.810	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine <a href="#">1</a>	g	0.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine <a href="#">1</a>	g	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine <a href="#">1</a>	g	0.910	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine <a href="#">1</a>	g	0.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine <a href="#">1</a>	g	1.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine <a href="#">1</a>	g	1.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine <a href="#">1</a>	g	0.490	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine <a href="#">1</a>	g	1.290	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid <sup>1</sup>	g	2.650	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid <sup>1</sup>	g	3.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine <sup>1</sup>	g	0.970	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline <sup>1</sup>	g	0.780	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine <sup>1</sup>	g	0.840	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD